

**PENGARUH *PHYSICAL DRAINAGE* DADA (*CLAPPING* DAN VIBRASI)
KOMBINASI DENGAN AIR HANGAT TERHADAP PENGELUARAN
SPUTUM PADA PASIEN PENYAKIT PARU OBSTRUKSI KRONIS
(PPOK) DI BALAI BESAR KESEHATAN PARU
MASYARAKAT SURAKARTA**

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INTISARI

Latar Belakang: Menurut Riset Kesehatan Dasar (RISKESDA) Tahun 2013 prevalensi PPOK meningkat seiring bertambahnya usia, angka penderita penyakit pernapasan termasuk PPOK mencapai 3,7% dan 1,4 per mil. Di Jawa Tengah penderita PPOK mencapai 3,4% PPOK cenderung terjadi pada laki-laki dibandingkan pada perempuan. Beberapa tindakan mandiri perawat yang dapat dilakukan pada pasien dengan penumpukan *secret* antara lain fisioterapi dada yang merupakan tindakan keperawatan dengan postural drainase, *clapping* dan *vibrasi*.

Tujuan Penelitian: Untuk mengetahui pengaruh *physical drainage* dada (*clapping* dan *vibrasi*) kombinasi dengan air hangat pada pasien PPOK terhadap jumlah pengeluaran sputum pasien PPOK di Balai Besar Kesehatan Paru Masyarakat..

Metode Penelitian: Desain penelitian yang digunakan dalam penelitian ini adalah *quasi eksperimental design* dengan rancangan penelitian *pre-test post-test control group design*. Populasi dalam penelitian ini adalah klien PPOK di BBKPM Surakarta. Jumlah populasi dihitung dari 3 bulan terakhir sebanyak 289 orang dan hanya 64 orang yang mengikuti BPJS, sehingga populasi berjumlah 64 orang. Sampel diambil 34 orang dari jumlah populasi yang ada. Uji yang digunakan dalam penelitian ini adalah uji *Wilcoxon Test* dan *Mann Whitney Test*.

Hasil Penelitian: (1) Terdapat perbedaan jumlah pengeluaran sputum pasien PPOK pada pemberian fisioterapi dada (*clapping* dan *vibrasi*) kombinasi air hangat ($p = 0,000$). (2) Terdapat perbedaan jumlah pengeluaran sputum pasien PPOK pada pemberian fisioterapi dada (*clapping* dan *vibrasi*) tanpa kombinasi air hangat ($p = 0,000$). (3) Terdapat pengaruh fisioterapi dada (*clapping* dan *vibrasi*) kombinasi dengan air hangat terhadap pengeluaran sputum pada pasien PPOK di Balai Besar Kesehatan Paru Masyarakat Surakarta ($p = 0,046$).

Kesimpulan: Terdapat pengaruh fisioterapi dada (*clapping* dan *vibrasi*) kombinasi dengan air hangat terhadap pengeluaran sputum pada pasien PPOK di Balai Besar Kesehatan Paru Masyarakat Surakarta.

Kata Kunci: Teknik *Clapping* dan *Vibrasi*, Pengeluaran Sputum, PPOK

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THE EFFECT CHEST PHYSICAL DRAINAGE (CLAPPING AND VIBRATION) COMBINATION WITH WARM WATER ON SPENDING SPUTUM PATIENTS CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IN CENTER FOR LUNG HEALTH COMMUNITY SURAKARTA

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ABSTRACT

Background: According to the Basic Health Research (RISKESDA) In 2013, the prevalence of COPD increases with age, the number of patients with respiratory diseases including COPD reached 3.7%, and 1.4 per mile. In Central Java reached 3.4% of COPD patients with COPD tend to occur in men than in women. Some nurses independent action can be performed on patients with a secret buildup include chest physical therapy which is the act of nursing with postural drainage, clapping, and vibration.

Objective: To determine the effect of vibration clapping and chest combination with warm water in COPD patients to total expenditure sputum of COPD patients at the Center for Lung Health Society of Surakarta.

Methods: The study design used in this study is a quasi experimental design with pre-test research design posttest control group design. The population in this study is a client of COPD in Center for Lung Health Community Surakarta Surakarta. Total population calculated from the last 3 months as many as 289 people and only 64 people who follow BPJS, so the population of 64 people. Samples were taken 34 people of the total population. The assay used in this study is the Wilcoxon test and Mann Whitney Test.

Results: (1) There are differences in the number of patients with COPD sputum expenditure on the provision of chest physical drainage (clapping and vibration) the combination of warm water ($p = 0.000$). (2) There are differences in the number of patients with COPD sputum expenditure on the provision of chest physiotherapy (clapping and vibration) without the combination of warm water ($p = 0.000$). (3) There is the effect of chest physiotherapy (clapping and vibration) in combination with warm water to the expenditure sputum in COPD patients at the Center for Lung Health Community Surakarta ($p = 0.046$).

Conclusion: There is the effect of chest physiotherapy (clapping and vibration) in combination with warm water to the expenditure sputum in COPD patients at the Center for Lung Health Community Surakarta.

Keywords: Clapping and Vibration Engineering, Expenditure Sputum, COPD

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